



Happy New Year from the Counseling Staff here at BES! We hope everyone had a safe & relaxing holiday season.

Thankfully, the days are slowly beginning to get longer, but did you know that for some people these "short" days can affect their mood? You may have noticed some changes in behavior from those around

you - maybe some irritability, isolation, fatigue, and sadness. These can be symptoms of Seasonal Affective Disorder.

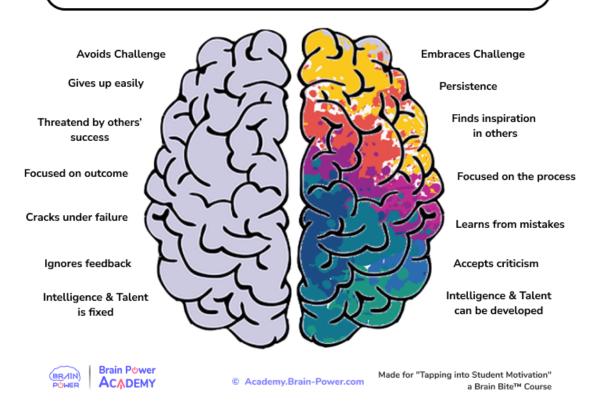
Here is an article that talks a little bit more about Seasonal Affective

Disorder and some tips to help manage it.

This article is aimed towards parents helping their children, however a lot of the tips can be generalized for adults as well.

It's a good idea to try to stay active and connected throughout the long winter months regardless of if you are feeling the symptoms of seasonal affective disorder or not. This will help keep your mental wellness in check!

Fixed Mindset vs. Growth Mindset



Restorative Practices

"Restorative practices focus on having positive relationships. When we make a mistake, they ask us to take responsibility for our behavior and make amends. At the heart of restorative practices is the belief that we are all in this together. At home, this can include:

- Taking responsibility for keeping spaces clean
- Taking responsibility for the choices we make
- Having positive relationships with family and friends
 - Being respectful of those around us.

Restorative practices support children in learning how to create healthy relationships and how to resolve conflicts."

For more information on how you can incorporate restorative practices at home, <u>please check out this link</u>.



Restorative Schools & Communities

Informal/Formal Every day What we believe

Informal Every day Less planning Formal/Informal 3+ times per week More planning Formal
1-2 times per
week
Structured
More Planning

Informal
Basic Skills
Less Time
Less Planning
Informal Follow
Up

Reasonable Skill More Time Some Planning Formal Follow Up Formal
Less of these
High Level Skills
More Time &
Planning
Formal Follow
Up

Preventative

build and maintain relationships | prevent conflict and harm

Classroom & Community

repair relationships **Responsive** resolve conflict | manage difficulties & disruptions

Identity Celebrating character & personality Appreciating backgrounds Understanding cause of behavior Implicit Bias

ACES

Procedures and routines Creating a safe environment Healing centered practices

Building Community Circles Relationship Building Learning Circles Deeper Dive Circles

(what we teach & learn) Social & Emotional Literacy Values Problem Solving Communication Restorative Language Boundaries

Curriculum

Affective Statements/ Relational Conversation "I" Statements Restorative Chat Peer Mediation Restorative Questions Support Circles Circles of Care

Group or Circle	Formal Conference
	Community
Program Solving	Resolution
Circle	Conference
Mini Conference	Truth &
Restorative	Reconciliation
Questions	Circle
Peer Council	Harm Repair Circle

Adapted from Wachtel and McCold, 2001

Things we model for our kids, whether we realize it or not...

























Classroom Lessons

Classes are working through emotion management in our social emotional lessons, which includes:

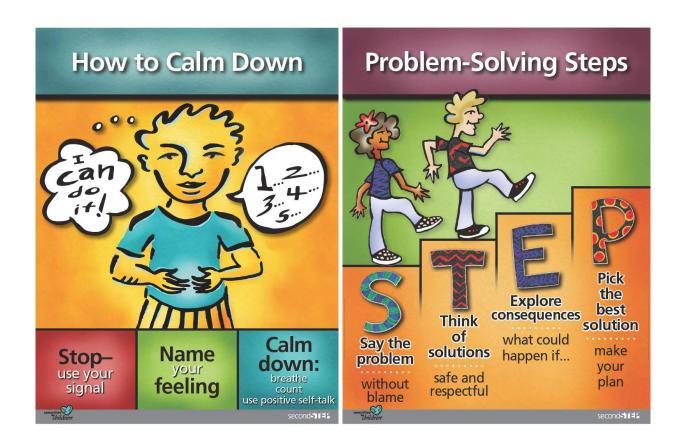
- Identifying emotions and what they are
- How emotions physically feel in our bodies (and what they do to our brains)
 - How to identify what others may be feeling
- How to calm down when experiencing an uncomfortable and/or strong emotion

In Second Step, we teach the steps to calming down which can be found on the poster below. These steps are important to help us regulate our emotions when we are losing control. Please practice using these calm down steps at home with your children!

Here is a website with 100 simple calm down strategies for kids (and adults!)

Our 4th and 5th grade classes will be starting our Problem Solving Steps unit this month! Our problem solving steps follow the acronym STEP:

Say the Problem (without blame)
Think of Solutions (that are safe & respectful)
Explore Consequences (what could happen if...)
Pick the Best Solution (make your plan)



Click here for our Community Assistance Page!

Click here for our Community Support Programs & Community Events Page!

Meet the Counseling Staff!



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